

# 2022 Health & Socio-Emotional Education King's High School



## A) The Health Programme

### Year 9

#### Kingsman Programme

6 Week Rotation	Lesson
<b>A Good Man</b> Learning intention: To identify and understand what it looks like to be a good man, and what it looks like to be a good Kingsman. Focus on each of the school values	1,2
<b>A Strong Man</b> Learning intention: To understand what bullying is, how and it can take place, and positive strategies for how we can stop it	3, 4
<b>Mental Health</b> Depression. Learning intention: To understand what depression is, its signs and symptoms, and the positive treatments we can use	5,6,7
<b>Friendships</b> Learning intention: To understand what makes a positive friendship and specifically the needs and wants required for the sustainment of friendships	8, 9
<b>A Healthy Man</b> Learning intention: To develop positive attitudes to eating and exercising well	10, 11
<b>Respecting Woman</b> Learning intention: To understand how to treat Woman with dignity and respect	12, 13

#### Good Man Evening

### Year 10

#### Kingsman Programme

#### Physical Education and Health Programme

See separate document

#### Mates and Dates

### Senior Programme

#### Year Level Assemblies/Roadshows/Speakers/Workshops/Events

- Cyberbullying – Year 11 and Year 12 Video and Worksheets
- Pornography – Year 12 and Year 13
- Bicultural Concepts Year 11 and Year 12
- Consent -Year 12 and 13
- Attitude Groups: - Year 11 – Sex with Attitude – sex and relationships

- Year 12 – The Pits – mental health and depression
- Year 13 – Relationships with Attitude – healthy relationship skills

## **B) The Positive Education Programme: Curricular and co-curricular**

### **C) Pastoral - Guidance 'Circle of Care'**

- Stymie – Online anonymous notification application

### **D) Other activities to benefit Mental Health**

- Inter - House Competitions (eg. Haka, Singing and lunchtime activities)
- Student Leadership opportunities and the Oestricher Awards
- Student Council initiatives
- Peer Mediation and Group Time
- Involvement in acts of service or charity. (eg. Christmas parcels, Food parcels, Pink Ribbon, 40 Hour Famine, Relay for Life, Octacan)
- Coaching/tutoring other students
- Duke of Edinburgh Award and Outward Bound
- Camps
- Formal and Graduation Breakfast
- Cultural Week/RAW
- Blues Celebrations
- Weekly Mindfulness/Meditation sessions